



Discover your Raleigh Parks and Recreation Department

Mini Stitchers

Ages 10-17

Sewing lessons for young people that want to learn how to read a pattern, select fabric and knowledge of sewing machines. The class project will be a tote bag. Class cost does not include material. \$20

#109201 Aug 16-18 Tu-Th 10:30 am -12:00 pm

Outdoor Basketball League

Ages 16+

Come out and enjoy warm summer mornings as well as a fun game of basketball on our Kingwood Forest outdoor playing courts. \$200

#109161 Jun 11-Jul 16 Sa 9:00 am -12:00 pm

Starlight Men's Basketball League

Ages 16-23

An alternative activity for young adults during the summer. Starlight is a competitive league open for team registration. Registration is from May 16-27. \$30 per player OR \$300 for a team of 10. Jerseys included.

#109163 Jun 13-Aug 4 M, Th 9:00 pm -12:00 am

Starlight Women's Basketball League

Ages 17+

Basketball league designed for women that like to play competitive basketball. Registration will be May 16-27th. \$30 per player or \$300 for a team of 12. Jerseys NOT included.

#109167 Jun 13-Aug 4 M, Th 6:00 pm - 9:00 pm

Biltmore Hills 13& under Boys League

This is a competitive league for upcoming 5th, 6th and 7th graders. Registration will be August 15-26th. \$30

#109154 Sep 13-Nov 2 Tu-W 6:00 pm - 8:00 pm

Biltmore Hills 15 & under Boys Basketball

This league is for 8th and 9th graders that would like to sharpen their skills for the upcoming basketball season. Registration will be August 15-26th. \$30 per player

#109155 Sep 14-Nov 5 W, Sa 8:00 pm - 9:00 pm

Biltmore Hills 15& Under Girls

This is a competitive league for girls ages 15 & under. It will help prepare them for the upcoming middle school and junior varsity basketball seasons. Registration will be August 15-26th. \$30 per player.

#109156 Sep 12-Nov 3 M, Th 6:00 pm - 9:00 pm

Teen Basketball League

This is an organized basketball league for teens ages 13-15. Registration will be May 2-17th. \$30 per player

#109172 May 31-Jul 12 Tu 6:15 pm - 7:15 pm

District D Youth Cheerleading (Raiders)

The athletics division in coordination with the community centers are offering cheerleading for ages 7-13 yrs. Registration July 25th- July 29th. Squads will be organized with the youth football teams in the City of Raleigh league. League age is determined as of July 31st of current year. \$42

#107900 Aug 15-Oct 24 M 6:00 pm - 7:30 pm

District D Youth Football (Raiders)

The athletics division in coordination with community centers is offering tackle football for ages 7-13 yr. olds. Registration is July 25th-until filled(last day is July 29th,2011, if space is available) The age divisions are divided into the following leagues: 7-9 yr. old (45-90 lbs.), 9-11 yr. olds (75-120 lbs.), 11-13 yr. olds (100-155lbs.). All participants must provide proof of age and have insurance. League age is determined by age as of July 31st 2011. Fee is \$42 for Raleigh residents and \$54 for non-Raleigh residents. \$42

#107047 Aug 15-Nov 11 M-F 6:00 pm - 8:00 pm
#107048 Aug 15-Nov 12 M-Sa 6:00 pm - 9:00 pm
#107049 Aug 15-Nov 12 M-Sa 6:00 pm - 9:00 pm

Community Afterschool Programs

Age 5 yrs.

The Community Afterschool Program is being offered at several local Community Centers for children K-6th grade following the Wake County Traditional school calendar. This program is designed to offer recreation activities, homework assistance, and arts & crafts. For registration information contact your local community center.\$0

#109234 May 2-Jun 10 M-F 3:00 pm - 6:00 pm

Exercise - Weight Room/Fitness Centers

Age 18+

Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available around the city and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information. \$10

#110717	May 1-31	Daily 1:00 pm - 6:00 pm
#110718	Jun 1-30	Daily 10:00 am - 9:00 pm
#110719	Jul 1-31	Daily 10:00 am - 9:00 pm
#110720	Aug 1-31	Daily 10:00 am - 9:00 pm

Zumba at Biltmore Hills

All Ages

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. At Biltmore Hills we offer class on Tuesdays and Thursdays. There are also payment options that fit your schedule. Both Tuesday and Thursday for the entire month is \$40 OR one day a week for the entire month is \$20 OR pay as you go for \$5 a session.

#109173	May 3-31	Tu, Th 6:00 pm - 7:00 pm
#109174	Jun 2-28	Th, Tu 6:00 pm - 7:00 pm
#109175	Jul 5-28	Tu, Th 6:00 pm - 7:00 pm
#109188	Aug 2-30	Tu, Th 6:00 pm - 7:00 pm

Tae Kwon Do - Beginners

Age 5 yrs.

Marital arts course where the art of self defense, confidence, self esteem, discipline, respect and self control taught through practice drills, class room instruction and tournaments. This is an ongoing class that promotes belt promotions. Wear Comfortable Clothes. Classes by Sensi Thomas Jarrett. \$35

#109168	May 2-25	M, W 6:00 pm - 7:30 pm
#109169	Jun 1-29	W, M 6:00 pm - 7:30 pm
#109170	Jul 6-Aug 1	W, M 6:00 pm - 7:30 pm
#109171	Aug 1-31	M, W 6:00 pm - 7:30 pm

Starlight Spades League

Age 16

Come out and compete in our Spades league. Grab your favorite partner, watch some basketball and play Spades! This is a free program that requires registration. \$0

#109164	Jun 20-Jul 14	M, Th 6:00 pm -10:00 pm
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Biltmore Hills Dodge Ball Tournament

Age 18

This is a one day dodge ball competition to see if you can dodge a ball as well as you can dodge the summer heat! \$50

#109157	Jul 23	Sa 9:00 am - 3:00 pm
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Tennis Adult Level 1

Age 18

No experience needed for this class. You will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Please bring light loose fitting clothes, non marking sneakers and your racquet. Racquets are available to borrow. Rain outs will be made up at the end. \$96

#110439 Jun 28-Aug 4 Tu, Th 5:30 pm - 6:30 pm

Community Kickball Game

All Ages

Kickball is a childhood classic sport that everyone loves to play. Come out to Biltmore Hills and compete with your neighbors. This will be FREE for ALL AGES! \$0

#109159 Jul 9 Sa 10:00 am - 1:00 pm

Biltmore Hills Baseball Tournament

This is a weekend tournament for baseball teams that are 10& under, 12& under and 14& under. Registration is May 23rd - June 6th. \$150

#109207	Jun 17-19	F-Su 6:00 pm - 9:00 pm
#109208	Jun 17-19	F-Su 6:00 pm - 9:00 pm
#109209	Jun 17-19	F-Su 6:00 pm - 9:00 pm

Biltmore Hills Football Fundamentals and Conditioning

Age 6 yrs.

This program will help players with football fundamentals and conditioning for the upcoming football seasons. \$0

#109210 Jul 25-28 M-Th 6:30 pm - 8:30 pm

Biltmore Hills Girls Basketball Clinic

Age 7 yrs.

This clinic is designed for girls who want to sharpen their basketball skills. \$15

#109158 Aug 20-Sep 10 Sa 10:00 am -12:00 pm

Girl Sports

Ages 8-12

This class introduces young girls to sports! It helps them get familiar with a sport they may want to pursue. Each week there will be a different focus. \$20

#109160 Jul 9-30 Sa 10:00 am -12:00 pm

Tennis Jr Level 1

Age 6 yrs.

No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. \$96

#109937 Jun 28-Aug 4 Tu, Th 4:30 pm - 5:30 pm

Tennis Jr NJTL

Age 6 yrs.

Coaching and league play for beginner and low intermediate players. They will learn the strokes, scoring, rules and how to play a match. Practices are Mon+Wed 1:30-3:30pm and matches are Tue+Thur 1:30-3:30pm against the other sites. Season ending tournament July 26-29, 12:30p-4p. Choose a Park location that works for you. \$45

#110499 Jun 13-Jul 28 M-Th 1:30 pm - 3:30 pm